What You Need to Know

What is HIV?
HIV (Human Immunodeficiency Virus) is a virus that makes it hard for the body to fight off infections. You can be infected with HIV for many years without showing any signs. During that time, you will be able to infect other people and your unborn child.

What is AIDS?
AIDS (Acquired Immunodeficiency Syndrome) happens when a person with HIV cannot fight off infections any longer and gets serious infections or other diseases.

What can I do to have a healthy baby?
Have an HIV test early in your pregnancy. Knowing if you have HIV will help you make decisions about available medical care.

What medicines treat HIV?
Right now there is no cure for HIV or AIDS. There are several types of medications that can lower the level of HIV in your body.

National AIDS Hotline
1 – 8 0 0 – 3 4 2 – A I D S

1-800-972-1846 (TTY)

For additional brochures call:
1-317-233-7257
Also available in Spanish

Indiana State Department of Health
HIV/STD Division Website
http://www.in.gov/isdh/programs/hivstd/index.htm

Healthy Choices

Have an HIV test for yourself and/or your baby.

Get early prenatal care.

Learn ways to reduce your risk.

Continue to use LATEX condoms for oral, vaginal and anal sex.

Make informed decisions about treatment for yourself and your baby.

Get immediate care for yourself and your baby if you do have HIV.

Find out how you may be at risk for HIV.

Reduce risky behavior.

Think about what it means to test positive and how to live with HIV.

Learn where to go for health care and social services.

You May Be At Risk For HIV If You:

- have ever been sexually active.

- have had unprotected sex with men.

- have had unprotected sex with women.

- have shared needles for any purpose.

- have had sex with someone who injects drugs.

- have had a sexually transmitted infection (STI)

- are a health care worker or in another hazardous occupation and have had an accidental needle stick at work.

- have had a blood transfusion.

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Indiana State
Department of Health

PROTECT YOUR BABY!

Pregnant?

Considering Becoming Pregnant?

HAVE AN HIV TEST!

Think it can't happen to you?

Think again!

Testing is an important step to having a healthy baby!

A new law, effective July 2003, requires a pregnant woman to be tested for HIV as part of the routine blood work, *unless* **she refuses.** The purpose of this law is to greatly reduce the risk of HIV transmission to an unborn child.

Please consider your health and the health of your baby. Have the HIV test, even if you feel you are not at risk. It is possible to have HIV, the virus that causes AIDS, and not show signs or symptoms for many years. The only way to be sure that you do not have HIV is to have a test. If you feel you may have put yourself at risk right before or during your pregnancy, ask your doctor to repeat the HIV test during the third trimester.

If you refuse an HIV test during pregnancy, a physician can order HIV testing on your baby if it is believed to be necessary for your baby's health. The physician who orders the test must tell the newborn's mother about the test, the purpose of the test, the risks and benefits of the test, and the test results.

Remember, testing will not prevent or cure HIV. In fact, it may be a period of up to six months before a test will be positive even if you have been infected. Being pregnant does not prevent you from getting HIV.

1 – 8 0 0 – 3 4 2 – A I D S

What If I am HIV+?

Will my baby be HIV+?
Medications are available that may prevent you from giving HIV to your baby. Without medications, there is a 25% chance of your baby getting HIV. With medications, formula feeding and possibly a Cesarean section, the chances drop to about 2%.

Will I have to have a Cesarean section?
Not necessarily, if your level of HIV is low, a vaginal delivery may be considered. Ask your doctor for more information.

Will my medications change during pregnancy?
Your doctor will monitor your level of HIV to help manage and possibly adjust your medications while you are pregnant. Your doctor can discuss the risks and benefits of each of your medications.

Will these medications hurt my baby?
These medications have not been shown to cause problems. Only you can make the decision to take these medications. Ask your doctor for more information about the benefits and risks of taking these medications. It is important to find out all you can before making a decision.

Can I breastfeed my baby?
It is not recommended. Women with HIV are advised not to breastfeed when they have access to formula. HIV is found in breast milk. Ask your doctor for more information.

Additional Resources and Referrals
Perinatal Network
317-924-0825

National STD Hotline
1-800-227-8922

Indiana Family Helpline
1-800-433-0746

Indiana Family Health Council
317-247-9151

HIV Medical Services Available

Services are available to assist eligible HIV+ individuals with obtaining support and specific medical services.

HIV Care Coordination Program is a specialized form of HIV Case Management. Case management services are available statewide at eighteen (18) regional sites.

Early Intervention Plan will help cover the costs associated with medical services such as doctor visits and laboratory services. EIP provides funding for health care services before your HIV services are covered by insurance.

AIDS Drug Assistance Plan is used to assist you in obtaining limited FDA approved therapeutic drugs if there is a waiting period before your HIV insurance coverage begins.

Health Insurance Assistance Plan pays your premiums, deductibles and co-insurance for covered services, which include doctor visits, hospital expenses, surgical expenses, prescription drugs, and other professional services.

Indiana State Department of Health has federal funding to provide medical care for those that qualify. To see if you qualify for these services, call the HIV Medical Services office toll-free at 866-588-4948 for a referral to an HIV Care Coordination site.

The State of Indiana adheres to all applicable state and federal laws and regulations related to discrimination on the basis of race, color, national origin, age, gender, or disability.